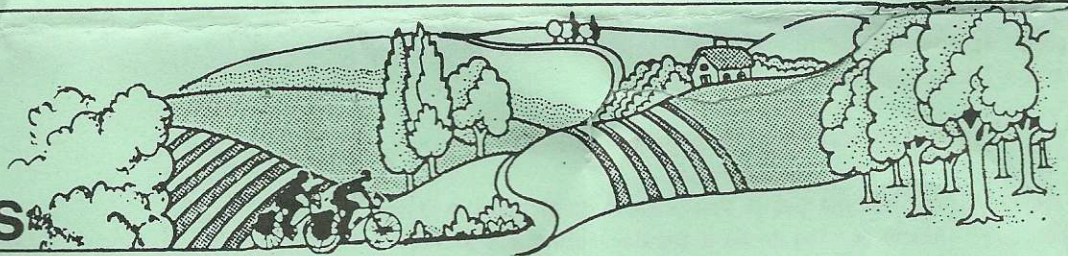


# CYCLE TOURING ASSOCIATION OF W.A. (INC.)

EDITOR: Ron Bowyer

July/August 1986  
Issue Number 71

## tour notes



### The Margaret River Long Weekend May 30 - June 2

The "Maggie R." has been a long time favourite with me, the rugged coasts, beautiful forests, quiet pastoral scenes show nature at her unique best. Saturday saw us cycling through this setting to Prevelly Park and surrounding areas. John Martin had whisked us down on Friday evening to our new and very comfortable M.R. Lodge for the next three days.

A not too demanding ride of the area had been planned by Martin Bunny, enabling nearly everyone to take part. Our main objective was "Leeuwin Estate" winery, however the sharp gradients forced us to fortify ourselves on the way at "Redgate" winery. "Leeuwin Estate", where the ride officially finished, is built into a stunning setting, sited on a low hill overlooking a lush green meadow with a winding creek, the opposing hill dominated by a magnificent stand of karri trees. The place was infested with tourists, however Martin quickly found us space at the bar and proceeded to charm the management. The local wares were rapidly sampled, helped by a generous hand from Helen. Our tired legs were quickly forgotten. After a tour of the cellars we prudently decided to leave, Richard E. collapsing on the loose gravel in a shower of whirling spokes. With glasses askew and a rueful grin he remounted and tried again. (Three-wheeler next year Rich!!).

The Bunnys arranged a splendid dinner with pre-dinner drinks at a local den on Saturday evening. Two enormous goatskins of wine appeared at the table, so shortly we were all espousing subjects dear to cycling, "El Presidente" eventually rounding us up and packing us home to bed. Our indulgence needed purging on Sunday so off we went to Augusta, Dennis taking us to Molloy Island en route to inspect the resort. A wet lunch at Augusta saw us speeding back along Caves Road through forests of karri and marri to lovely Hamelin Bay. The weather cleared, making for some glorious cycling on the way back through rolling country.

Monday rolled around all too soon and John M. had generously offered to drive the bus and trailer through back roads to Busselton. This enabled all to ride as much as desired, boarding the bus when tired. We spent a delightful morning chasing each other across misty, yet sunlit country with not a "HONKMOBILE" in sight. Great stuff. Lunch by the sparkling waters of Geographe Bay, then home, picking up Dennis who had elected to ride through to Capel.

An excellent, well planned weekend Richard, many thanks. "El Presidente" did his usual top job (where would we be without him?). My God you snore though, John. Lastly special thanks to all below for being such great company.

John and Aileen Martin, Martin and Helen Bunny, Dennis Braddon, Richard Evennett, David Crew, Joy, Brian and Brad Jahn, Neil and Christine Porteous and Coral P.

Chris Pilling

### International Friendship Ride Britain to Australia 1988

You may remember an article in the January/February issue of this Newsletter giving a brief outline of what was being planned. The C.T.A. Committee has now received an update from the convener of the Friendship Ride Committee in which he informs us that 12 riders have been selected for the overseas team, one of whom is one of our own members, Maxine Drake. Maxine is running a State Committee to organize the sector of the ride in W.A.

A somewhat larger group of riders is in the process of being formed to travel from Perth to Sydney. This group will include some West Australians and also some Aboriginal riders, a symbolic and historic first at the time of this Bicentenary event.

For further information, contact our Secretary, Denise McEvoy.



## NOTICE BOARD

### 300 km Achievement Ride

30th August, 1986

As advised in the Calendar of Events, this ride will have two starting times (3 and 5 am) to enable riders to select a group which will be travelling at a speed compatible with their own level of fitness and also allow all riders to finish at approximately the same time. The course will be the same as last year, commencing at the Perth G.P.O. and riding via Mandurah and Pinjarra to Bridgetown. Participants will be provided with a map and detailed instructions prior to departure. Entries close with Ron Bowyer on **August 16th**. Because the accommodation and transport available will limit the number participating, all those interested should ensure their booking is made with the leader AND ALL MONIES PAID by the due date. Please note that C.T.A. members have preference where numbers have to be restricted. COST: \$11 per head (no reduction for Juniors at this Hostel) which covers cost of one night's accommodation at the Bridgetown Y.H.A. Hostel, transport and breakfast.

### Couples Weekend September 20-21 Cunderdin

Have you notified me yet if you wish to participate in this weekend? This is proving to be a popular outing and already several couples have confirmed their booking. Attractions will include a cycle visit to "the home of natural wood sculpture" where a Devonshire tea will be awaiting us and also a tour of the Cunderdin Museum which was one of the original Goldfields Water Supply pumping stations.

Modern motel accommodation and an excellent smorgasbord on the Saturday night are assured. Contact me at home on 341 3269.

Brian Jahn

### Tyres...Tyres

Is your bike nearing re-**tyre**-ing age, or do you need to add a few more to that stock which is still hardening under the bed? In any case, Bob Stockman still has a few of those favourite 27 x 1 1/4" Michelin Sport tyres available for sale at the old price of \$10.00 each. Ring Bob on 274 4779 at work or contact him on one of the regular rides.

### New Members

We are pleased to welcome the following new members to our ranks and look forward to seeing them on some of the rides in the near future:

Louis Waters, Karen Ruff, Elfriede Smith, the Lundy family, William Warner, Barry Radestock, the Metcalf family, Cameron Lahtz and John Bussell.

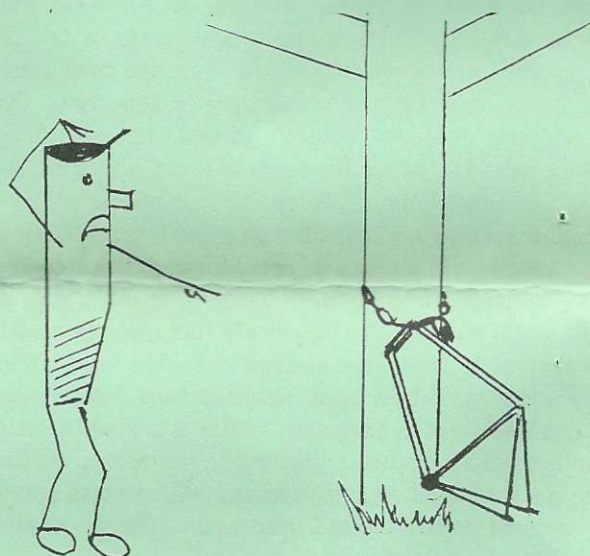
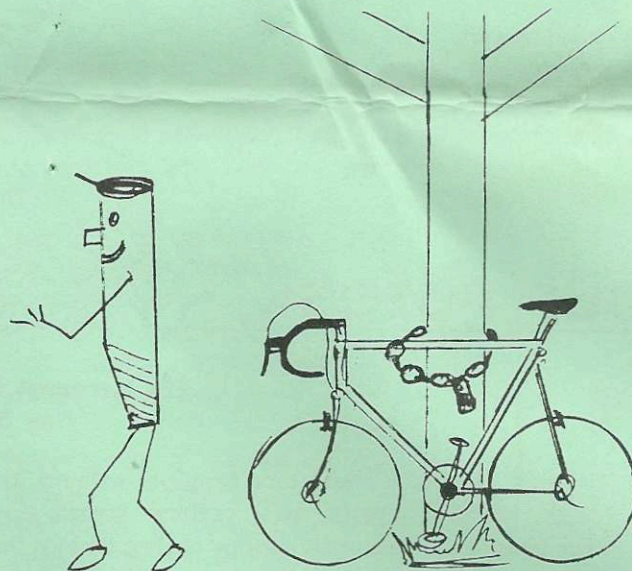
### C.T.A. "Classifieds"

#### FOR SALE:

Bike, Indi Condor silver 10-speed, near new, bought in Oct. 1985, (owner gone o'seas), \$320, ring Sue at work 384 4111.

Cyclometer, Avocet, near new, \$50; also  
Panniers, front, nylon, near new, \$10; also  
Pannier rack, aluminium, front, near new, \$15; also  
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## BASIC MAINTENANCE

by a cycling rabbit

A couple of minutes spent regularly on simple and quite basic maintenance is the best way to avoid spoiling your entire day with a bike mechanical failure when out on a C.T.A. Ride, a short jaunt round the block or your daily commute to work.

Dont wait for that rainy day to give 'Ole Faithful the minutes which will save you money in the long run and even maybe just save your life in a unavoidable crisis.

### Start with stoppers - yes the BRAKES.

Look for an incorrectly installed cable at the handle bar end, with some brands it is possible to reverse the position of the small casting into which the lugged end of the cable fits. The result is that the cable immediately next to the lug wears very quickly and breaks.

Whilst squeezing the brake lever to check the lug is sitting snugly in its cast holder, look carefully at the first bit of the cable. Is it free from Rust, Broken Strands, Kinks. If not, replace it immediately. If OK wipe off any dirt and add one drop of oil.

Next check the cable where it emerges from the cable casing at the brake caliper end for rust and broken strands; remember the old adage, "when in doubt - throw it out!"

Inspect the brake blocks to see they are set dead in line with the rim at the point of engagement. The end of the block towards the front of the bike should touch the rim ever so slightly before the rear edge... this helps avoid brake squeal and brake shudder. Clean the working face of the brake block with a clean oil-free rag and pick out any flecks of metal or stone particularly if you have aluminium rims.

### Next the TYRES.

Spin the wheels and observe carefully whether the tyre bead is sitting correctly and uniformly on the rim... most tyres have a small ridge which shows just above the rim edge. See that this ridge is substantially the same distance from the rim all the way around and look at both sides too.

Check the carcass of the tyre for nicks, cuts and gouges... look carefully into the cuts for any residual glass fragments or stone chips, they will soon work their way thru the tyre casing and "hey presto - a puncture"

Keep your tyres inflated to the maximum pressure marked on the tyre sidewall. If you cannot yet judge the pressure by "feel" then check it occasionally at your friendly local cycle shop who should have a pump with a pressure gauge or ask one of the experienced hands at your next C.T.A ride

### Lastly (for this issue), the DRIVE TRAIN.

Now here is where a couple of moments with a cleaning rag can save you REAL \$'s. Nothing chews up money faster than dirty chainrings, dirty chain and dirty cluster sprockets. Wipe them over regularly to keep road grime and sand at bay and dont forget to get the muck off the small jockey wheels on the rear derailleur too. , wipe the crank arms and pedals around the pedal axle ...take care not to drive dirt into the pedals or bottom bracket by over vigorous use of the rag around the spindles.

It takes literally about 2 minutes each weekend to save your drive train from premature cardiac arrest and your bank balance from unnecessary assault.

When you return home after any ride which encounters water or dirt on the road (even garden sprinklers in summer and autumn), take a moment to wipe the grime off the frame. In particular wipe around the bottom bracket and cranks, wipe the down tube and between the top of the forks and the head tube with a soft clean cloth.

PLEASE WEAR A HARD HELMET AT ALL TIMES  
DONT RIDE AT NIGHT WITHOUT PROPER LIGHTS.  
SAFE PEDALLING.

Watch out for Parts 2 and 3 of "Basic Maintenance" in forthcoming issues.

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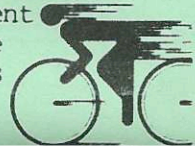
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### The Battle after the Bulge

or

#### Leader's Comments on the Early Morning Breakfast Ride, May 11th

After a pleasant breakfast at Fast Eddy's, 22 riders were ready to take off on a 50 km ride. At a slow pace we proceeded to Scarborough, where we waited for a few riders who had lost contact with the group. As one group we travelled southward along the ocean but not for long. Notwithstanding the slow speed, the group split in two so I dropped back to see how the new riders were getting on. Unfortunately son Paul in the leading bunch lost his pump on a bad stretch of road and stopped to pick it up. The remainder of his group sailed on, pedalling happily past Stephenson Road, the intended turn-off for the ride.

Riding along Stephenson Road later, I realised what had happened. An impossible situation! With several new slow riders, I could not leave and chase the first group so we were split. Friends were separated from friends, sweethearts were miles apart and what God had joined together with Helen and Martin Bunny had been torn asunder by the C.T.A.! I felt like a General who had lost half his troops (12 out of 22) in battle. Worse, I felt like a General who had lost half his troops without a battle. Still worse again, as more than 50% of an army can't be wrong I had to be in the wrong for not being in the right spot at the right time.

And that was not the end of it. We stopped in Saw Avenue, King's Park for 15 minutes in the hope that the others would arrive as I had previously explained that a ride through the Park would finish the day's event. Nobody turned up. After recommencing and going up the first hill, I requested the bunch to stop at the next corner while I dropped back to check up on two stragglers. Obviously, the main bunch headed straight back to Fast Eddy's! Paul, who knew of my finishing circuit in the Park came back for me and together, now only four riders, we finished the ride as planned in Saw Avenue. One of our new riders, a visitor from Adelaide, informed me that he was to be met at Fast Eddy's so back we went and our very tired friend was finally picked up in St George's Terrace. So three of us eventually finished our ride at Fast Eddy's. The 48 km took exactly 3 hours.

**Rene Smeets**

#### An Excellent New Tea Stop for Cyclists

Halfway up Bedforddale Hill, on Waterwheel Road, there is a nice little tearoom called "Waterwheel Tearooms".

Dad and I enjoyed a Devonshire tea with delicious scones and two cups of tea for five dollars ninety cents.

I recommend this as a good spot to stop at when riding in the hills.

**Ben Stockman**

*(Thanks go to one of our younger members for his first contribution to C.T.A. Newsletter. I hope this is just the first of many, Ben. Editor.)*

### 100 km Achievement Ride, May 18th

Forty-one riders registered for the "100" this year in what could only be described as near perfect weather conditions. There was only one withdrawal with the remaining riders completing the course well within the time limit of five hours.

The course used was the same as for the last few years with the slight modification of that tail-end loop. This was positioned at the beginning of the course this year enabling riders to warm up properly before encountering the steady climb up Bedforddale Hill.

Those who completed the course within the allotted time were:

Name	Hr Min	Name	Hr Min
John Meakin	3 59	Richard Evenett	4 34
Aileen Martin	3 55	Stewart Stockdale	3 27
John Martin	3 57	Stephen Roberts	3 41
Martin Bunny	4 34	Merv Girdlestone	3 27
Cameron Lahtz	4 15	Dennis Braddon	3 27
Mike Sundowner	4 04	Allan Booth	3 57
Max Talbot	4 05	Neil Porteous	4 34
Paul Talbot	3 22	Geoff Creighton	4 44
David Crew	3 27	Eddy Rzemek	4 15
Kenneth Goh	3 49	John Turley	4 34
Susan Campbell	3 35	Alan Bourne	3 39
Chris Pilling	3 49	Graham Lantzke	3 49
Bill Warner	3 22	Mark Elliott	4 05
John Sherwood	4 05	Barry Radestock	4 05
Brian Jahn	4 15	Tony Willis	4 05
Ed Stafford	3 45	Graeme Thomas	3 38
Jose Arregui	4 29	Paul Thomas	3 27
David Doust	3 32	Bill Thompson	4 28
Damon White	4 34	Bob Stockman	4 06
Robert Minoo	3 32	Ben Stockman	4 06

My thanks to Chris and Coral Pilling, Christine Porteous and Joy Jahn for their assistance during this event.

**Richard Evenett**

#### C.T.C. Headquarters Godalming, Surrey

The Editor of this Newsletter had the opportunity recently to visit the Headquarters of the Cyclists Touring Club of Great Britain, situated not very far south of London in Godalming, Surrey.

The C.T.C. is just a trifle larger than our organisation with 37,000 members! If anyone is interested in learning more about the CTC or would like to join, I have brought back with me a number of their brochures detailing the many services offered by the Club.

Also their Advertising Manager Cecilia Clack was kind enough to provide me with some recent issues of their magazine "Cycletouring" and has placed C.T.A.'s name and address on their mailing list for future numbers.

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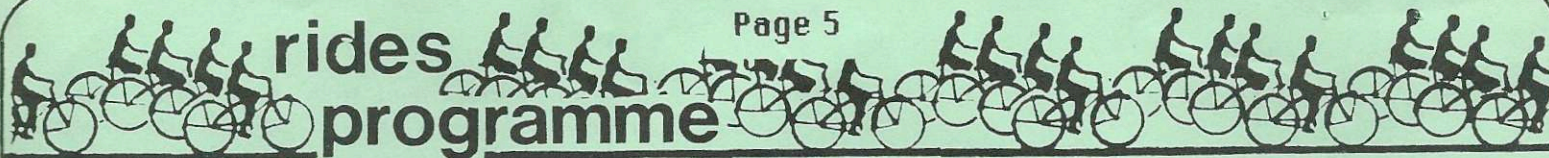
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**RIDE CLASSIFICATION** \* EASY, \*\* MEDIUM, \*\*\* MEDIUM/HARD, H HARD, X/H EXTRA HARD.

PLEASE GAUGE YOUR OWN RIDING ABILITY AND CHOOSE RIDES WHICH SUIT YOU

## CALENDAR: JULY TO SEPTEMBER 1986

**July 6 Croyden Tea Rooms**  
 Grade: \*\*\* Time: 9.30 am Distance: 60 km  
 Meet at the Causeway Car Park and travel to the Croyden Tea Rooms via Kalamunda for a late morning tea.  
 Leader: Alan Bourne Contact: 293 1987 h

**July 12/13 400 km Audax**  
 Time: 4.30 am  
 Meet at the Midland Town Hall at 4.30 am for a 5.00 am start. Start and finish at Midland. All conditions of entry on the form available from the leader. Return entry forms with payment to the leader by 30th June. No late entries accepted.  
 COST: Ride only ... \$8; Brevet ... \$12; Medallion ... \$17.  
 Leader: R. Masterman Contact: P.O. Box 130, Armadale. 399 3071 h

**July 13 Round the River Ride**  
 Grade: \*\* Time: 10.00 am Distance: 50 km  
 For those not participating in the 400 km Audax ride. Meet under the Narrows Bridge (north side of river) for an easy ride to Fremantle and back.  
 Leader: Martin Bunny Contact: 330 3659 h

**July 20 North Eastern Hills Ride**  
 Grade: \*\*\*-H Time: 9.00 am Distance: 100 km  
 Meet at the Midland Town Hall at 9.00 am for a pleasant ride to Gidgannup, Mundaring and then on to Wooroloo.  
 Leader: Stephen Booth Contact: 294 3682 h

**July 27 The "10,000 in 8"**  
 Grade: XH Time: 8.30 am Distance: 110 km  
 Meet at the Kelmscott Railway Station for a very hard ride up the worst hills in the Darling Scarp. Low gears essential. Only for the very fit. Note that the time limit is 8 HOURS.  
 Leader: Richard Evennett Contact: 444 8792 h

**July 27 Alternative Ride to Perry Lakes**  
 Grade: \* Time: 9.30 am Distance: 25 km  
 An easy ride for those not wishing to tackle the HILLS. Meet at the Doric Street Shopping Centre, Scarborough, for an easy ride to Perry Lakes.  
 Leader: Brian Jahn Contact: 341 3269 h

**August 3 Castledare Ride**  
 Grade: \*\* Time: 10.00 am Distance: 30 km  
 Meet at the Causeway Car Park at 10.00 am for an easy ride to Castledare via W.A.I.T. to see and maybe to ride on the miniature railway. Returning to Perth via Rossmoyne and Freeway dual use path.  
 Leader: Geoff Creighton Contact: 459 4178 h

**August 3 Alternate Bush Basher Ride**  
 Grade: \*\*\*-\*\*\* Time: 9.00 am Distance: 60 km  
 Meet at Bob Stockman's home at 62 Valencia Road, Carmel at 9.00 am for a ride through the bush tracks in the area. Bring your own mountain bike as bikes cannot be supplied. (This ride for existing or new C.T.A. members only, sorry).  
 Leader: Bob Stockman Contact: 293 5278 h

**August 10 Perth Observatory and Mt Gungin Ride**  
 Grade: \*\*\* Time: 9.30 am Distance: 60 km  
 Meet at the Causeway Car Park at 9.30 am for a moderate ride to the Observatory and Mt Gungin via Welshpool Road. Bring own refreshments as there are no shops at either site.  
 Leader: Paul Smeets Contact: 361 2789 h

**August 17 Whitby Falls Ride**  
 Grade: \*\*\* Time: 9.00 am Distance: 80 km  
 10.15 am 40 km  
 Meet at the Causeway Car Park at 9.00 am or at Kelmscott Railway Station at 10.15 am for a ride to Whitby Falls for Devonshire Teas, returning to Perth early afternoon.  
 Leader: Aileen Martin Contact: 2938170 h

**August 24 Twin Dams Ride**  
 Grade: H Time: 9.00 am Distance: 120 km  
 Meet at the Perth Railway Station at 9.00 am or at Midland Town Hall at 10.15 am for a hard ride to Mundaring Weir via Great Eastern Highway then on to Canning Dam, returning to Perth via Albany Highway. Bring lunch as there are no shops at the dams.  
 Leader: Stewart Stockdale Contact: 450 3245

*continued next page*



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# rides programme

**August 30 300 km Achievement Ride**  
Grade: XH Time: 3.00 am Distance: 300 km  
5.00 am

Meet at Perth G.P.O. for a 3.00 am start (18 hr riders) or 5.00 am start (14 hr riders). Destination is Bridgetown. Lights are a necessity. Because of accommodation and return transport requirements, bookings for this event MUST be completed with the Leader by August 16. For further details, see the article under "Notice Board" on Page 2 of this Newsletter.

Leader: Ron Bowyer Contact: 382 3993 h

**August 30/31 300/600 km Audax**  
Starting times are as for the 300 km Achievement Ride. However, all those intending to participate in either of these Audax events MUST obtain the special entry form from the Audax ride leader (John Martin) and lodge the completed form together with payment with John by August 16th. No late entries accepted. All information required by Audax riders, including costs, will be supplied on the entry form.

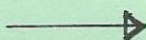
Leader: John Martin Contact: 293 8170 h

**August 31 Alternate Ride Around Kings Park**  
Grade: \*\* Time: 10.00 am Distance: 25 km  
For those not attempting the 300 km event, meet at the Causeway Car Park for an easy ride to the University then along the dual use paths through Kings Park, finishing near the "log" for refreshments.

Leader: Brian Jahn Contact: 341 3269 h

**September 7 Fathers Day Family Ride**  
Grade: \*\* Time: 10.30 am Distance: 50 km  
Meet at the Perth side of the Narrows Bridge for an easy ride to Fremantle for coffee and cakes at Pappa Luigi's or Lombardo's.

Leader: John Sherwood Contact: 447 8939 h



**September 14 Chittering Valley Ride**  
Grade: H Time: 9.00 am Distance: 130 km  
10.15 am 110 km  
Meet at the Perth Railway Station at 9.00 am or at Midland Town Hall at 10.15 am for a scenic ride through the Chittering Valley. Bring lunch as there are not many shops on route.  
Leader: Max Talbot Contact: 448 2039 h

**September 20-21 Couples Long Weekend at Cunderdin**  
Refer to "Notice Board" on Page 2 of this Newsletter for more information. Note that there are only a limited number of rooms available and that this weekend is for couples only.  
Leader: Brian Jahn Contact: 447 8939 h

**September 21 Penguin Island Ride**  
Grade: \*\*\* Time: 10.00 am Distance: 70 km  
Meet at the Fremantle Railway Station at 10.00 am for a moderate ride to Penguin Island. Bring lunch or buy it at Safety Bay or Rockingham.  
Leader: Mike Sundowner Contact: 332 3878 h

**September 26-29 Noggerup Long Weekend Ride**  
Grade: \*\*-H Time: 6.00 pm Distance: variable  
Meet at the Bunny residence at 6 Peter Street, Attadale at 6.00 pm on Friday 26th September and proceed to Noggerup in your own vehicle. The group returns to Perth on Monday 29th September. There is a limit of 9 people for this Hostel. Bookings and payment to Leader by 7th September. Breakfasts including tea and coffee are provided by C.T.A.. Other meals must be provided by participants. Sleeping sheet essential.  
COST: Adults ... \$20 Juniors ... \$16  
Leader: Martin Bunny Contact: 330 3659 h

**September 26-29 1000 km Audax**  
To assist the organisers, would intending participants for this event please notify Robert Min Oo on 332 3875(h) as soon as possible. The ride will commence on Friday 26th September at 8.00 am.

**Sept 29 Alternate Monday Ride Around the Rivers**  
Grade: \*\* Time: 10.00 am Distance: 60 km  
Meet at the Perth side of the Narrows Bridge for a leisurely ride to Riverton via the Canning River then on to Fremantle and back to Perth via the Swan River.  
Leader: Stephen Booth Contact: 294 3682 h

## Cycle Touring Association of W.A. (Inc.) Fostering Cycle Touring and Protecting the Interests of Cyclists

### C.T.A. Committee for 1986

**President:** John Martin  
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**Vice-President:** Ron Bowyer  
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Shenton Park 6008 H. 382 3993

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**Treasurer:** Geoff Creighton  
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**Committee Members:** Susan Campbell  
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Ferndale 6155 H. 458 3078

Richard Evennett  
128 Fairfield Street  
Mt Hawthorn 6016 H. 444 8792

Brian Jahn  
30 McIntock Way  
Karrinyup 6018 H. 341 3269

John Sherwood  
45 Bernedale Way  
Duncraig South 6023 H. 447 8939

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FOR DETAILS OF CLUB MEMBERSHIP PLEASE CONTACT THE TREASURER.